



“It is never too late or too soon to make healthy changes”

TRAIN THE BRAIN

Balance, Agility and Fall Prevention Class

Class taught by Stephen Cadigan at [The Center at The Heights](#)

As we age, we naturally lose neurological pathways which can adversely affect our daily activities. These pathways can be reinforced and recreated.

Come join this class to learn preventative measures!

This class involves dynamic, bilateral movement and physical brain activities to improve Stability, Total Body Coordination, Speed, Spatial Awareness, Endurance and Flexibility. The class will entail music, friendly competition, teamwork and guaranteed fun!

5 week session, Cost \$20

6-7 p.m.

March 7, 14, 21, 28 April 4

This presentation is focused on the 60+ population. Minimum of 15 participants needed [advanced signup required](#) by calling 781-455-7555 or by stopping by the Front Desk